

CLOTHING PROJECT INFORMATION SHEET

name: _____

date: _____

class: _____

class time: _____

brief description of item: _____

pattern company and number: _____

where did you purchase your fabric: _____

how did you pretreat your fabric(s): _____

approximate time spent making garment: _____

FABRIC SAMPLES

Fabric	fiber content & percentages	measurement Before and After treatment			
		B-length	B-width	A-length	A-width
fashion fabric					
interfacing					
underlining					
lining					
trim					

Cost of Garment	Price	Quantity	Total Price / Item
fashion fabric			
interfacing			
underlining			
lining			
trim			
notions (zipper, thread, snaps, hooks & eyes)			
pattern			

total

What satisfaction and/or dissatisfaction did you experience, working with your fabric(s)?

What new experiences have you had in making this garment?

What satisfaction and/or dissatisfaction do you have for this garment?

Comment on teaching techniques used:

Stretch & Sew Fabrics

8900 Thornton Road #21

Stockton, Ca. 95209

Phone: 209-957-1237

Email: sewingmax@aol.com

Maxine Crow, owner



A Swimsuit For Every Teen Body (Scope and Sequence)

**Genet Orme
(530) 228-4554**

***** This class qualifies for credit in the "Designer Sewing/Fashion Design/ Clothing III class (As per Pearl Hart)**

Week 1:

Fabrics & Notions:

- Types of appropriate fabrics – Nylon/Lycra, Cotton/Lycra, Lining.
- % of stretch needed for patterns
- Notions – Needles, thread (wooly nylon, cotton/polyester).
- Pre-treating of fabrics.
- Elastics

Week 2:

Basic Fitting Suit:

- Determining pattern size

Measurements – Overall body or Back waist/crotch length.

- Pattern Adjustments
 1. Length Adjustment
 2. Width Adjustment
 3. Full Bust Alteration
 4. Modifying Leg Styles
- Use of Tracing cloth/Do-Sew

Week 3:

Continuation of Basic Fitting Suit:

- Clothing Project Information Sheet

Week 4:

Pattern Layout & Cutting

Week 5:

General Sewing Guidelines:

- Seam Samples
 1. Zigzag

2. Overcast (reverse action/tri-motion)
3. Serger (Wooley nylon in both loopers)

Week 6:

Baste Fitting Suit Together:

- First fitting (must fit without elastic).
- Lining of crotch
- Lining of other suit areas

Week 7:

Bra Cup Insertion:

- Bra cup lecture and demonstration.

Week 8:

Continuation of Bra Cup Insertion

Week 9:

Elastic Applications:

- Sample #4 - Elastic Sample
- Start sewing elastic in fitting suit

Week 10:

Continuation of Elastic Applications

Week 11:

Fitting Suit Evaluation Sheet:

- Fill out and turn in for grading.

Begin Final Swim Suit of Expensive Fashion Fabric.

Week 12:

Transfer alterations from fitting suit to Final suit.

Fill out Project Information Sheet.

Week 13:

Pattern Layout & Cutting Out of Final Suit.

Week 14:

Baste Final Suit together.

- Insert lining to crotch and other areas

Week 15:

Bra Cup Insertion

Week 16;

Elastic Application for Final Suit.

Week 17:

Strap Application:

- Demonstration of different strap turning techniques.
- Sample #5 - Strap Sample.

Week 18:

Finish Final Suit

Project Evaluation Sheet

Samples Notebook Due

Fabric Sources:

1. Stretch & Sew - Maxine Crow (Stockton, Calif. See Handout for information). Also a GREAT source for Pattern Tracing Cloth, elastic, bra cups, and plastic hooks,
2. Stretchhouse.com - New York City - GREAT online source!

Published Resources:

1. Kwik-Sew's "Swim & Action Wear" By Kerstin Martensson.

Bathing Suits For EVERY Body !!

Instructor: Genet Orme currently teaches Apparel Design, Couture Sewing, and Fashion Merchandising at Sacramento City College in Sacramento Calif. She also teaches at Oroville Adult School. She also is a guest lecturer at many sewing conferences.

Getting Started :

Swimwear Fabric comes in two BREEDS:

Nylon/Lycra :

Excellent for swimwear. Nylon is synthetic, fiber is strong & will wear well. Bright, bold colors with silken luster will hold their color. This fabric has a memory, and will "snap" back into shape. Good also for exercise wear.

Cotton/Lycra :

Soft and comfortable. Used extensively for exercise wear, but can also be used for swimwear. Natural fiber, won't "snap" when wet, wears faster, has a tendency to fade faster.

Lining:

Choose a lining that has been specifically manufactured for swim wear and has the same "stretch" as your swimsuit fabric.

Percentage of Stretch: (See attached handout)

Notions:

Swim-treated Elastic:

Cotton/Rubber:

Natural color, provides lots of support-----Best!

Poly/Rubber:

Tighter and stiffer than cotton/rubber. White in color-----2nd best!

Rubber elastic:

What the RTW industry uses, WONDERFUL-----but, can only be found through Stretch and Sew, Stockton. Address given in class.

Clear polyurethane:

Clear, soft, Not enough support! NO! NO! NO!
Wonderful on bra-cup installation! Yes!

Felt-Back Elastic:

Swim Hooks:

Clear are best--- paint doesn't chip after repeated exposure to chlorine-----matches EVERYTHING
! Addresses for different sizes will be given in class.

Bra Cups:

Will discuss extensively in class. (See attached Handout given out in class)

Boning:

Used primarily in the tops of two pieces or bikinis. Samples of "good" will be shown in class.

Pretreating:

Not really necessary for nylon/lycra. However, cotton/lycra should be pretreated. It is not necessary to pretreat elastic or lining.

Needles:

Ballpoint 80/12, Stretch 75/11(BEST), Stretch-Twin 4.0/75.

Thread:

Regular cotton-covered polyester for sewing machine.

For sergers, "woolly nylon" in both loopers, regular serger thread in both needles.

Determining Pattern Size:

Bust

Waist

Hips

Overall Body Measurement

*A demonstration will be done in class-----see attached handout.

General Sewing Guidelines:

- Place right sides together, use 1/4" seam allowance
- Use 9 stitches/inch or 2.5 stitch length.
- Double-stitch the seam allowances for reinforcement with regular sewing machine, by stitching 1/8" from previous stitching, stretching as you sew.
- BASTE TOGETHER FIRST! Try on to check fit.
- Backstitch at the beginning of each seam that will not be crossed over by another seam.

- **SERGERS:** Use appropriate thread in loopers and needles, sewing with 1/4" seam allowance

Fabric

A beautiful selection of swimwear fabric awaits you. You will find a wonderful variety—from prints and patterns to pastels and bold colors. I have always felt that choosing my fabric was half the fun of making my garment, so enjoy!

You will want to make your swimsuit from swimsuit fabric. Most ready-to-wear swimsuits and swim fabric yardage are nylon/lycra or cotton/lycra. Lycra is what gives the fabric its elasticity so your suit will conform perfectly to your figure. It is stronger and more durable than conventional elastic yarns, weighs a third less and has two to three times more memory, which means it will not easily stretch out of shape.

All swimsuit fabrics are sensitive to salt water, and prolonged exposure to sun and chlorine will cause fading in the fabric. Rinse your swimsuit in plain water and line dry after each wearing.

Nylon/lycra and cotton/lycra fabrics have different characteristics.

Nylon/lycra

Nylon/lycra fabric is excellent for swimwear. Because nylon is synthetic, the fiber is very strong and will wear well. Fabrics are bright and bold with a silken luster and hold their color. Nylon/lycra has excellent memory and will snap back into shape after being stretched. It can also be used for exercise wear.

Cotton/lycra

Cotton/lycra fabric is soft and comfortable. It is used extensively for exercise wear, but can also be used for swimwear. Because cotton is a natural fiber, cotton/lycra will wear faster and has a tendency to sun fade.

Lining

When dry, all swim fabric is opaque. Dark colors or closely spaced prints with dark backgrounds remain opaque wet or dry, but lighter shades of solid colors and prints may become transparent when wet. Therefore, you may wish to line the front of a suit made from a light color. Choose a lining specifically manufactured for swim wear that has the same stretch as your swim fabric. With white swim fabric, you can even use self-fabric for the lining. You will not be able to see through the suit, plus the extra layer of fabric adds stability and helps smooth your figure.

Percentage of Stretch

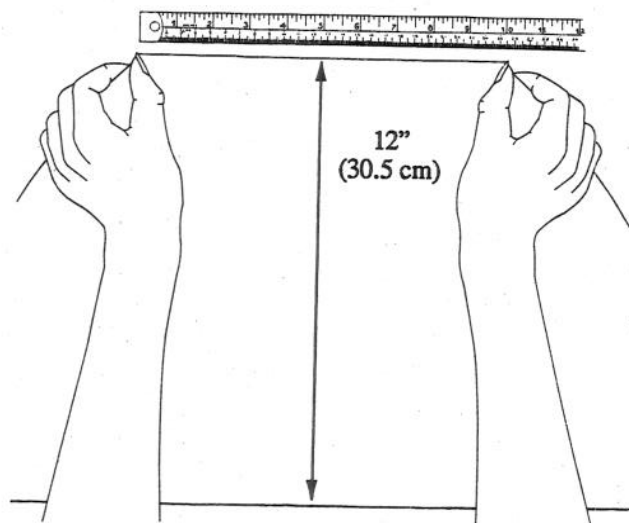
All *Stretch & Sew* swim patterns are designed for lycra blend fabric with 75-100% stretch one way and 35-50% stretch the other. Stretch in swim fabric may vary, so be sure to check the percentage of stretch in the fabric you buy to assure a properly fitted suit.

Figuring Percentage of Stretch

The method for determining the percentage of stretch is simple.

Fold your fabric approximately 12 inches (30.5 cm) from one cut edge.

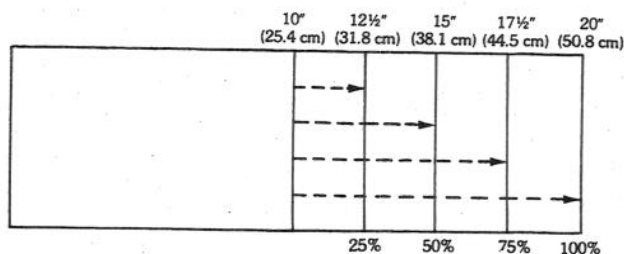
Place 10 inches (25.4 cm) of the fold along the first 10 inches (25.4 cm) of your tape measure.



Hold the fabric in place at the left end of the tape. With your right hand, pull the fold past the 10-inch (25.4 cm) mark as far as it will comfortably go. If the fabric will

stretch easily to 15 inches (38.1 cm), you have 50 percent stretch. If it stretches to 17-1/2 inches (44.5 cm), you have 75 percent stretch and if it will stretch easily to 20 inches (50.8 cm), you have 100 percent stretch.

The chart below illustrates the percentage of fabric stretch from the 10-inch (25.4 cm) mark on your tape measure.



Remember to measure the percentage of stretch in **both** directions. Most swimsuits are designed with the greater stretch going around the body. That is usually the length-wise of the fabric in nylon/lycra, crosswise in cotton/lycra.

If the fabric has **less stretch** than the pattern calls for, plan on having a snugger fit or adjusting your sizing. The following combinations of stretch require making one size larger than you measure:

75% x 25%
 50% x 50%
 50% x 25%

If your fabric has a little **more stretch** than the required amount, sizing adjustments are not usually necessary.

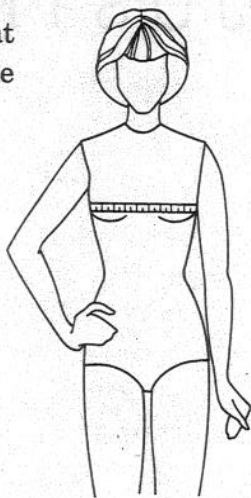
** Do these on someone in class*

Determining Pattern Size

Below are listed the necessary body measurements you need to take to determine your pattern size and whether you must make any pattern adjustments to get the best fit. Hold the tape snug, but not tight.

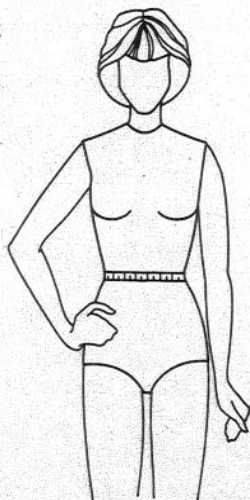
Bust

Measure your bust at the fullest part of the bustline.



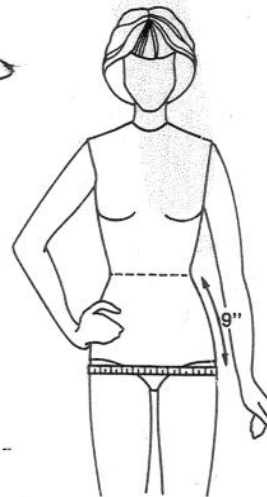
Waist

Measure your waist.



Hip

Take your hip measurement 9 inches (23.0 cm) below your waistline or at the fullest part of your hip.



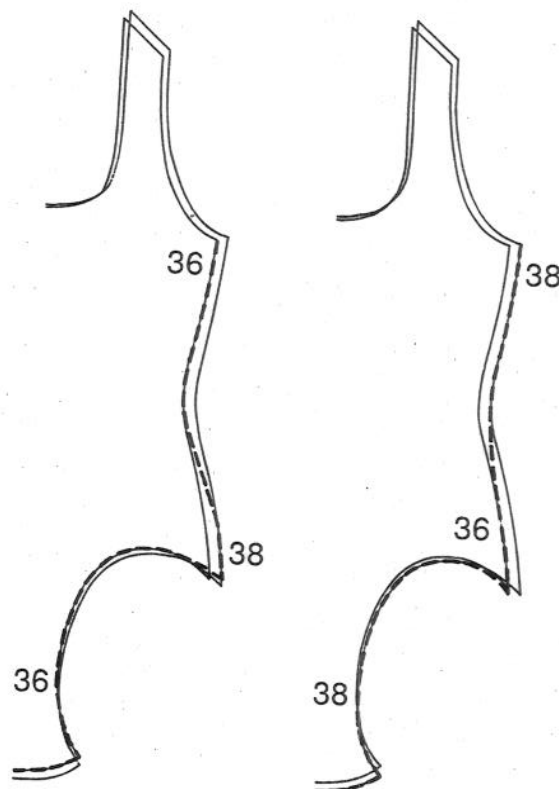
Using the Body Measurement Chart on the following page, choose the pattern size that most closely corresponds to your bust measurement.

As you choose your pattern size by bust measurement, you may find your waist or hip measurements do not correspond to the measurement chart. Here is how you will make adjustments.

Waist and Hip Adjustment

It is a simple matter to make adjustments to the waist and hip. If you are going up or down in size at the hip, taper back to your regular size along the leg edge as shown by the dotted line in the illustrations. Mark these changes on your master pattern, then cut out or trace. This horizontal fit adjustment will not change the vertical length allowed for your size.

Remember, the pattern pieces and garment will measure less than your actual body measurements. This allows the fabric to stretch over your body. If they were the same, you would be swimming in your suit before you got into the water!



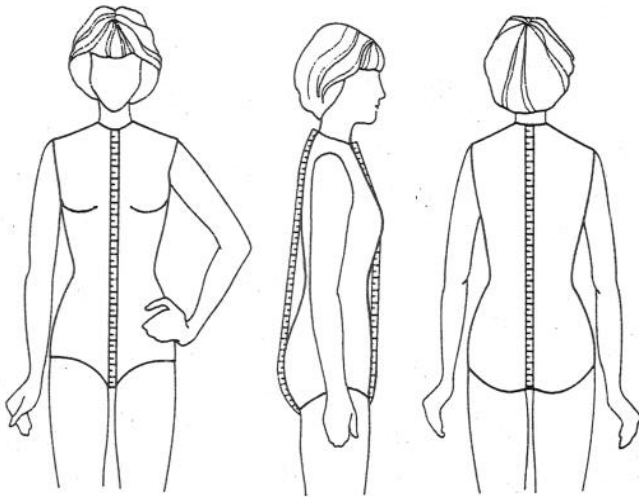
Body Measurement Chart

Inches									
Size	30	32	34	36	38	40	42	44	46
Bust	30	32	34	36	38	40	42	44	46
Waist	22	24	26	28	30	32	34	36	38
Hip (9" below waist)	32	34	36	38	40	42	44	46	48

Metric									
Size	30	32	34	36	38	40	42	44	46
Bust	76	81	87	92	97	102	107	112	117
Waist	56	61	66	71	76	81	87	92	97
Hip (23.0 cm below waist)	81	87	92	97	102	107	112	117	122

Compare your overall body measurement to the chart below:

Besides taking your bust, waist and hip measurements, you will want to take an *overall body measurement* to be sure your one-piece swimsuit fits you in length. This is an awkward measurement to take yourself, so I suggest you have someone else do it to ensure the greatest possible accuracy. The measurement is taken from the hollow at the front natural neckline, down through the crotch, and up to the cervical bone at the back of the natural neckline. Keep the tape measure snug against your body.



Bust Size	Inches	Cm
30	53	134.6
32	54	137.2
34	55	139.7
36	56	142.2
38	57	144.8
40	58	147.3
42	59	149.9
44	60	152.4
46	60-3/4	154.3

If your overall measurement is the same as that on the overall body measurement chart, your swimsuit pattern does not need a length adjustment. If the measurement is not the same, you must shorten or lengthen the pattern pieces. To do this take half the difference between measurements and divide into fourths. Then adjust all appropriate pattern pieces this amount on each shorten/lengthen line.

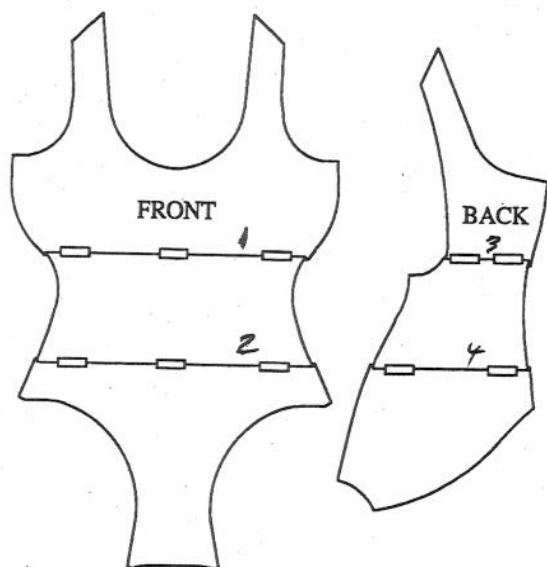
("Negative Ease")

*This "Half" is the result of new "lycra" w/ the ability to stretch more (twice as much) - If lycra is old or has less stretch (25-30%) don't take half!

For example, if your own overall body measurement is 53 inches (134.6 cm) and the chart measurement for your size is 55 inches (139.7 cm), your own measurement is 2 inches (5.1 cm) less. Half of this amount, or 1 inch (2.5 cm), needs to be taken out of your pattern.

Divide the 1 inch (2.5 cm) into fourths because there are four shorten/lengthen lines, two on the Front and two on the Back, to get $\frac{1}{4}$ inch (0.6 cm).

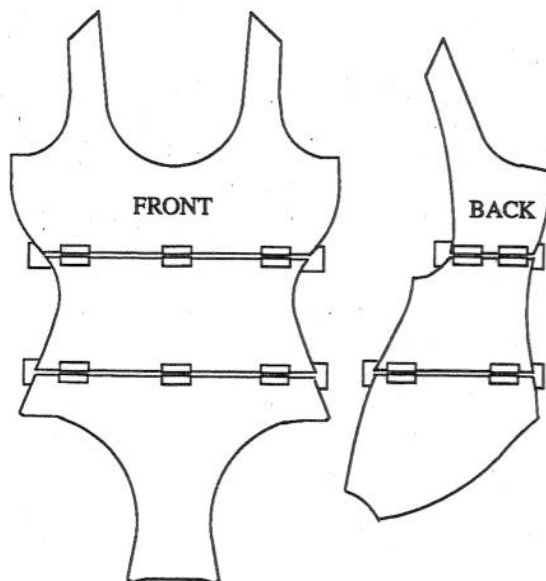
Slash and lap the Front and Back pattern pieces $\frac{1}{4}$ inch (0.6 cm) at each shorten/lengthen line. You have taken away a total of 1 inch (2.5 cm) from your pattern.



Or, if your own overall body measurement is 58 inches (147.3 cm) and the chart measurement for your size is 56 inches (142.2 cm), your own measurement would be 2 inches (5.1 cm) greater. Half of this amount, or 1 inch (2.5 cm), needs to be added to your pattern.

Divide the 1 inch (2.5 cm) into fourths because there are four shorten/lengthen lines, two on the Front and two on the Back, to get $\frac{1}{4}$ inch (0.6 cm).

Slash and spread the Front and Back pattern pieces $\frac{1}{4}$ inch (0.6 cm) at each shorten/lengthen line and back the openings with strips of tracing paper. You have added a total of 1 inch (2.5 cm) to your pattern.



Bra Cup Application

Stretch & Sew®

***If your Stretch & Sew pattern calls for bra cups and has a pattern piece for a bra cup lining, use that piece and follow the pattern instructions noting these exceptions:**

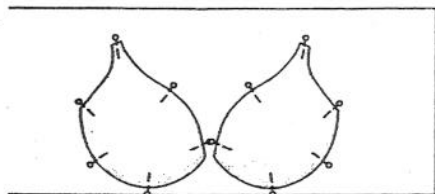
Bra cups can be placed 3/8 inch (1.0 cm) from all edges rather than 3/4 inch (1.9 cm) except underwires must be 3/4 inch (1.9 cm) from any edge getting 3/8" (1.0 cm) elastic, so that wire won't get caught in stitching. Cups can be 1/4 inch (0.6 cm) apart at center front rather than 3/4 inch (1.9 cm).

Stretch & Sew #1309- Place cups with underwire 3/8 inch (1.0 cm) above Bra Cup Lining lower edge so wire won't be in stitching line.

***If your pattern does not call for bra cups** construct your suit and stitch elastic to neck and armhole edges, but do not do the final turning and stitching on the elastic. Try on the suit and place bra cups on body in comfortable position. Trim strap points of bra cup if positioning does not match the strap placement of your suit design. Note desired tilt of bra cups for placement in step 2. Follow instructions below to apply bra cups and then complete elastic stitching.

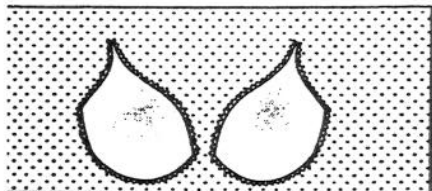
Cut a piece of swim lining 9 inches by 22 inches (22.9 by 55.9 cm) with greater stretch going the 22-inch width.

Place inside of bra cups (side at will be against your body) on wrong side of bra cup lining with lower edge of bra cup 3/8 inch (1.0 cm) from lower edge of lining and approximately 1/4 inch (0.6 cm) apart. Without flattening cups pin in place.



3. When pinning bra cups to Lining do not flatten cups out; keep them in the same shape as if they were on your body. Lining should lay flat and smooth under the cups.

Zigzag around edges of cups. For cups with underwire use tight stitch or wide zigzag along underwire edge to avoid hitting wire and breaking needle, folding ribbon ends of underwire toward cup and stitching in stitching. Trim Lining from inside cups, close stitching.

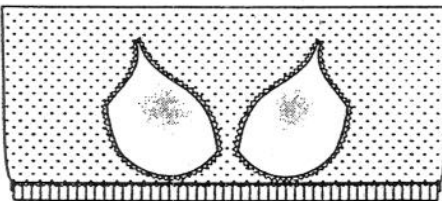


4. Cut one strip of 3/4-inch (1.9 cm) felt-back elastic 20 inches (50.8 cm) long.

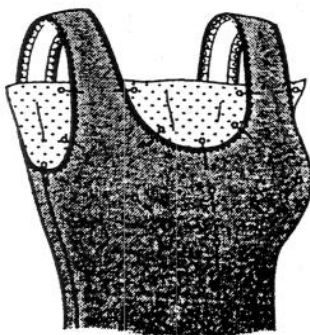
5. Divide elastic and lower edge of Lining in half and mark divisions with pins.

6. Matching divisions and cut edges of elastic to sides, pin nonfelted side of elastic to right side of Lining overlapping 3/8 inch (1.0 cm).

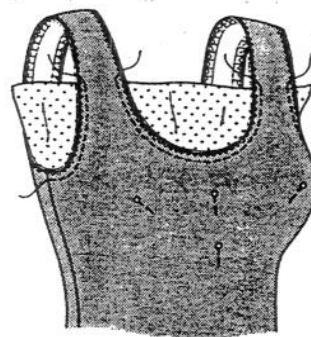
7. Zigzag along upper edge of elastic stretching elastic to fit.



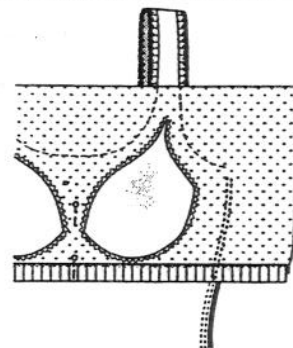
8. Fit bra cups into place against wrong side of garment pinning high point of bra cups to high point of garment. Smooth lining and pin along center front and at neck and armhole edges as illustrated. If possible try suit on to check placement before stitching.



9. Baste along inside edge of elastic on neck and armhole edges, stopping at side seams. Do not remove center front pins.



10. Turn swimsuit wrong side out. Smooth lining and felt-back elastic toward side seams and pin. Stitch along side seams over previous stitching as illustrated, backstitching on felt-back elastic. Doublestitch.



11. Trim excess lining and elastic close to stitching at side seams, neck and armholes. Remove pins.

12. Complete elastic application at neck and armhole folding elastic to wrong side and stitching.